



National Nutrient Database for Standard Reference
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Statistics Report 35014, Oil, beluga, whale (Alaska Native)

Report Date: July 16, 2017 03:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ²	g	0.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
Energy	kcal	900	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	3766	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) ²	g	100.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
Ash ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

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Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Minerals													
Calcium, Ca ¹	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg ¹	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P ¹	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K ¹	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na ¹	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu ¹	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Manganese, Mn ¹	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se ¹	µg	3.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Thiamin ²	mg	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin ²	mg	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
Niacin ²	mg	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, RAE	µg	694	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, IU	IU	2310	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin E (alpha-tocopherol) ¹	mg	8.27	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Tocopherol, beta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, gamma ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin D (D2 + D3)	µg	5.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

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Vitamin D ¹	IU	228	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) ¹	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lipids													
Fatty acids, total saturated	g	14.490	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 ¹	g	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 ¹	g	0.980	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 ¹	g	5.940	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:0 ¹	g	0.230	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 ¹	g	6.570	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 ¹	g	0.650	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	54.190	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 ¹	g	1.430	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 ¹	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated ¹	g	20.330	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated ¹	g	19.160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 ¹	g	9.560	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated ¹	g	3.520	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:1 c ¹	g	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	10.800	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated ¹	g	0.710	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated ¹	g	0.470	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4 ¹	g	0.360	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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20:2 n-6 c,c ¹	g	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated ¹	g	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated ¹	g	0.490	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) ¹	g	2.800	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
21:5 ¹	g	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:4 ¹	g	0.160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) ¹	g	1.590	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) ¹	g	3.940	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD

²Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993